

That Body Of Yours

By James W. Barton, M.D.

MANY CASES OF RHEUMATISM AND ARTHRITIS CAUSED BY INFECTION

There was a time, some years ago, which our older physicians will remember quite well, when all cases of rheumatism and arthritis were believed due to infection. Within the past few years, other causes of arthritis have been discovered—trench foods, cold and dampness, injury, occupation—so that physicians, particularly younger physicians, have almost lost sight of infection as a cause of arthritis and rheumatism.

It is interesting, especially to older physicians, to find that some outstanding authorities still believe that infection is a common cause of arthritis. In his book, "Arthritis and the Rheumatic Diseases," Dr. Philip Lewin, professor of bone and joint surgery, Northwestern University Medical School, states:

"A large proportion of rheumatoid arthritis (the commonest form) is infectious in origin. Your case may be caused by germs which lodge in your teeth, your throat, your sinuses, your gall bladder or your appendix and set up an infection there. In some way the germs reach out from their lodgment, travel along the blood stream, and find a second home in a joint. The joint then develops the infection in the form of arthritis. If your joint is examined, the germs are found there. They may be those organisms which cause pneumonia or streptococcal throat or abscessed teeth or tonsils, syphilis or typhoid fever."

In the early stages of the disease, there is a chance that if the primary focus of infection in the teeth, tonsils or wherever it is, is cleared up, your joint too will be healed. Unfortunately, in removing this first infection, blood vessels are torn or opened up and the arthritis gets into the blood vessels and may not only cause increased symptoms in the affected joint but spread by the blood stream to other joints.

In cases where the disease spreads during removal of first infection, the doctor tries to build up the patient to help fight the infection and uses a vaccine which is known to be effective against the strep germs.

When patient is in good condition, any surgery necessary is performed.

"Since the coming of the sulfa drugs and penicillin, infection is frequently cleared up without surgery."

Household Scrapbook

By Roberta Lee

Vacuum Cleaner

Keep the motor oiled according to the manufacturer's directions, clean the brush regularly and often, empty the bag after each time used, turn off the motor immediately when you are not actually working, and the life of your vacuum cleaner will be lengthened.

Mildew on White Linens

Mildew stains can be removed from white linens by boiling in water to which two tablespoons of peroxide have been added to each quart.

Bruises

A bruise can be prevented from becoming discolored by moistening some dry starch with cold water and covering the bruised part with it.

The Stars Say --

By Genevieve Kemble

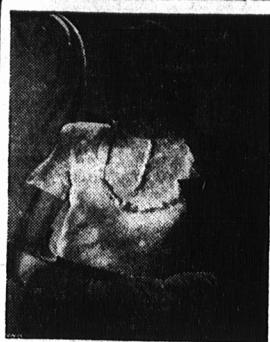
For Tomorrow

WHILE the keynote to this day's activities may be spelled as action and opportunity, there are also several aspects that hint of involvements, complications, in which elders or old institutions may be the deciding factors. It could be a showdown between youth and old age. However, with a frank and honest recognition of mutual benefits, the prospect of compromise and harmony is assured. In fact, the wisdom and conservatism of Saturnian heads may stem the eagerness of rabid youth for action. Much happiness and pleasant relations are found in social contacts, domestic, even romantic association.

For the Birthday

Those whose birthday it is have much encouragement for forging ahead on ambitious plans and programs. Enterprise, initiative and vigor are stimulated with contracts, business agreements, all pertaining to writings and publicity flourishing. Nevertheless it is well to be prepared for some measure of opposition or discouragement from elders, although such might melt down on tactful, friendly and gracious approach. Sentiment, affection or amiable understanding may have weight.

A child born on this day will be clever, versatile, and ambitious, winning its way against opposition by its innate intelligence, sociable and friendly attitudes.



Rich, lustrous crocheted cotton made in this simple design can give you a treasured lace blouse. You can make one in sparkling white as a contrast for your dark suit or in a pretty pastel to wear with your summer skirts. Directions for making the CROCHETED BLOUSE are available by sending a stamped, self-addressed envelope to the Needlework Department of this paper requesting Leaflet No. E-2761.

Cook's Corner

GLAZED COTTAGE ROLL

1 mealed cottage roll, boiling water to cover, 1/2 cup molasses (optional), 1/4 teaspoon whole cloves, 1/4 teaspoon allspice berries, 1 medium-sized onion, 1 carrot, 1 stalk celery.

Place the cottage roll in a deep kettle and cover with boiling water. Add the molasses and seasoning, and the vegetables. Cover, and simmer gently until tender. Cool in liquid. Drain. Remove all but end strings. Coat with brown sugar and sifted fine dry crumbs, using three parts sugar to one of crumbs. Score in diamonds, and centre each diamond with whole clove. Put in oven and bake until surface is richly browned.

APPLE CRUMBLE PIE

Pastry for 1 pie shell: 6 cups sliced apples, 1/2 cup sugar, 1/4 teaspoon salt, 1/4 teaspoon cinnamon, 1/4 teaspoon nutmeg.

Topping — 1/2 cup brown sugar, firmly packed, 1/2 cup flour, 1 tablespoon butter, 1/2 cup nut meats, chopped.

Roll out pie crust (9-inch). Fill with sliced apples. Mix sugar, salt, cinnamon and nutmeg and spread over apple slices. Sprinkle with a topping made as follows: Mix brown sugar and flour. Cut in vegetable shortening and butter. Add chopped nut meats. Bake in hot oven, 425 degrees F. 50-60 minutes.

FOOD SOURCE

Chief exports of Denmark are dairy produce, bacon, meat, eggs, livestock and seeds.

DOROTHY DIX'S COLUMN

Foolish Infatuation

Church Worker Tries Out Her Charms On Married Minister

DEAR MISS DIX: As the wife of a minister, I have a problem. One of our Sunday School teachers, a married woman, is infatuated with my husband. Her husband is aware of the fact too, and it has created an unhappy atmosphere in her own home. She is a splendid worker and has always been capable of making her own decisions, but now finds it necessary to make excuses to consult my husband on everything (he and I both know they are excuses). She will take any pretext, such as returning or borrowing a book, to come to the house even when she knows I'm not home. My husband is a friendly person, but he doesn't like this situation at all. It is becoming apparent to some of our parishioners. He avoids her whenever possible, and has even spoken to her about these particular actions but to no avail. We are getting desperate, and feel he may even have to resign. Would it do any good if I talked to her?



Muriel Nissen

ANSWER: Your dilemma is shared by the wives of many professional men—particularly doctors and ministers. These men are in a position where they must show kindness and consideration for everyone; now and then a woman of slightly warped mind or morals decides that her doctor or minister is directing his attention to her personally, and her alone. The build-up that follows, in her own mind, is easy to imagine. In no time at all she has fallen in love with her victim, and is certain he is in love with her. When this conviction has been deeply implanted, it is most resistant to change.

THEY GIVE UP EVENTUALLY

Ultimately, of course, these ladies tire of their unrequited affections, and as fast as the spell came over them, so fast does it go. What to do to hasten the process is your particular problem. Your husband, her husband, and yourself must all talk to her; try to make her realize that all efforts to win your husband's undivided affection are absolutely futile. Pound home the fact that she is risking your husband's career, her own marriage, and her standing in the community. It is this last argument that may bring the surest results. A woman who has long been established as a leader in local society cherishes her role so much that she will do anything to keep it. If her pursuit of your husband becomes so reckless that others are aware of it, she will not long enjoy the esteem of her fellow citizens. Why not discuss the matter with her husband first, since he is well aware of the situation? Three of you banded together certainly should be able to stop the deprecations of a potential homewrecker.

DEAR MISS DIX: Whenever my girl friends and I go swimming, we meet plenty of nice boys. One girl always wanders off with a different boy while the rest of us stay together in a group. We feel we have more fun that way. How can we keep the wanderer from going off on twosomes? We are 14.

ANSWER: You are right to disapprove of your girl friend's behavior. You may win her over to group activities by (1) showing her that you don't like her actions and, if she continues them, the rest of you will stop going with her, (2) calling attention to the fun enjoyed by the group and the superiority of the boys who stay with you. That they are superior, I can take for granted.

DEAR MISS DIX: Not long ago I met a girl to whom I have become greatly attached. In trying to make her like me, I'm afraid I rather messed things up. I wrote her saying I wouldn't see her again. I did this to see if she liked me better than the other fellow. Instead, it made her fightin' mad. I apologized, but still she isn't the way she was before.

ANSWER: When will super-intelligent males realize that the devious method is not the way to a girl's heart? Young ladies like to be treated with consideration, not "tested" for loyalty. I'm afraid the damage is done; if you're lucky, she may accept your apologies one of these days, but don't count on it.

Modern Etiquette

By Roberta Lee

Q. How does one "tackle" a whole-fish serving at the dinner table?

A. First cut off the head and tail and put to the side of your plate. Then cut the length of the fish, just above the backbone—so the fish separates in two parts. Remove the backbone, now exposed, placing it also on one side of the plate. If you get a small bone in your mouth, remove it as quickly and quietly as possible with your fingers, using your napkin as a casual shield.

Q. Is it proper to use the prefix "Miss" on an envelope addressed to a girl 12 or 14 years of age?

A. Yes.
Q. Is it necessary to send a gift when one is invited to a church wedding, but not to the reception?
A. No; only invitations to the reception require gifts.

Better English

By G. G. Williams

1. What is wrong with this sentence? "I fixed up my room, and I am equally as pleased as you about it."
2. What is the correct pronunciation of "preparatory"?
3. Which one of these words is misspelled? Harangue, harlequin, heyday, headress.

4. What does the word "remedial" mean?
5. What is a word beginning with imp that means "hastily energetic"?

ANSWERS
1. Say, "I arranged my room," and omit the first as. 2. Accent second syllable, not the first. 3. Headress. 4. Affording a remedy. "The solution you have suggested is not remedial." 5. Impetuous.

Alice Brooks Designs

SO PRETTY! SO EASY!

Plaid of check 'n' plain is the latest fashion news! Add a touch of simple embroidery or cotton lace—and she's the prettiest girl in school! Quick, sew now!

Pattern 7111: Girls' Sizes 6, 8, 10, 12, 14. Transfer motifs and pattern parts. State size.

Send Twenty-five Cents in coins for this pattern (stamps cannot be accepted) to ALICE BROOKS Designs, c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly Name, Address, and Pattern Number.



Cleanse BABY'S BATH Safely
Baking Soda on a damp cloth removes greasy film. It's the safest, mildest cleanser for the nursery.
Contains no grit.
Dissolves completely.
Costs only a few cents.
COW BRAND BAKING SODA
PURE BICARBONATE OF SODA

How Can I!!!

By Anne Ashley

Q. How can I prevent dust from rising when sweeping a rug with a carpet sweeper?

A. When cleaning the carpet sweeper be sure to cut all the lint and hair from the brushes. After emptying the boxes, wipe out with a cloth dipped in kerosene and also rub the kerosene over the bristles of the brushes.

Q. How can I remove all the sand when cleaning kale?

A. When cleaning kale, if a handful of salt is added to the second water, it will cause all the sand to sink to the bottom of the pan. Another rinsing will then make the kale thoroughly clean.

Q. How can I remove dirt from the lines and crevices of the hands?
A. When dirt is ground into the hands, rub them thoroughly with Vaseline jelly, allow it to remain on for thirty minutes, and then wash the hands.

Q. How can I remove dirt from the lines and crevices of the hands?
A. When dirt is ground into the hands, rub them thoroughly with Vaseline jelly, allow it to remain on for thirty minutes, and then wash the hands.

Q. How can I remove dirt from the lines and crevices of the hands?
A. When dirt is ground into the hands, rub them thoroughly with Vaseline jelly, allow it to remain on for thirty minutes, and then wash the hands.

Q. How can I remove dirt from the lines and crevices of the hands?
A. When dirt is ground into the hands, rub them thoroughly with Vaseline jelly, allow it to remain on for thirty minutes, and then wash the hands.

Q. How can I remove dirt from the lines and crevices of the hands?
A. When dirt is ground into the hands, rub them thoroughly with Vaseline jelly, allow it to remain on for thirty minutes, and then wash the hands.

Q. How can I remove dirt from the lines and crevices of the hands?
A. When dirt is ground into the hands, rub them thoroughly with Vaseline jelly, allow it to remain on for thirty minutes, and then wash the hands.

Q. How can I remove dirt from the lines and crevices of the hands?
A. When dirt is ground into the hands, rub them thoroughly with Vaseline jelly, allow it to remain on for thirty minutes, and then wash the hands.

Q. How can I remove dirt from the lines and crevices of the hands?
A. When dirt is ground into the hands, rub them thoroughly with Vaseline jelly, allow it to remain on for thirty minutes, and then wash the hands.

Q. How can I remove dirt from the lines and crevices of the hands?
A. When dirt is ground into the hands, rub them thoroughly with Vaseline jelly, allow it to remain on for thirty minutes, and then wash the hands.

Q. How can I remove dirt from the lines and crevices of the hands?
A. When dirt is ground into the hands, rub them thoroughly with Vaseline jelly, allow it to remain on for thirty minutes, and then wash the hands.

Q. How can I remove dirt from the lines and crevices of the hands?
A. When dirt is ground into the hands, rub them thoroughly with Vaseline jelly, allow it to remain on for thirty minutes, and then wash the hands.

Q. How can I remove dirt from the lines and crevices of the hands?
A. When dirt is ground into the hands, rub them thoroughly with Vaseline jelly, allow it to remain on for thirty minutes, and then wash the hands.

Q. How can I remove dirt from the lines and crevices of the hands?
A. When dirt is ground into the hands, rub them thoroughly with Vaseline jelly, allow it to remain on for thirty minutes, and then wash the hands.

Q. How can I remove dirt from the lines and crevices of the hands?
A. When dirt is ground into the hands, rub them thoroughly with Vaseline jelly, allow it to remain on for thirty minutes, and then wash the hands.

Q. How can I remove dirt from the lines and crevices of the hands?
A. When dirt is ground into the hands, rub them thoroughly with Vaseline jelly, allow it to remain on for thirty minutes, and then wash the hands.

Q. How can I remove dirt from the lines and crevices of the hands?
A. When dirt is ground into the hands, rub them thoroughly with Vaseline jelly, allow it to remain on for thirty minutes, and then wash the hands.

Q. How can I remove dirt from the lines and crevices of the hands?
A. When dirt is ground into the hands, rub them thoroughly with Vaseline jelly, allow it to remain on for thirty minutes, and then wash the hands.

Q. How can I remove dirt from the lines and crevices of the hands?
A. When dirt is ground into the hands, rub them thoroughly with Vaseline jelly, allow it to remain on for thirty minutes, and then wash the hands.

Q. How can I remove dirt from the lines and crevices of the hands?
A. When dirt is ground into the hands, rub them thoroughly with Vaseline jelly, allow it to remain on for thirty minutes, and then wash the hands.

Q. How can I remove dirt from the lines and crevices of the hands?
A. When dirt is ground into the hands, rub them thoroughly with Vaseline jelly, allow it to remain on for thirty minutes, and then wash the hands.

Q. How can I remove dirt from the lines and crevices of the hands?
A. When dirt is ground into the hands, rub them thoroughly with Vaseline jelly, allow it to remain on for thirty minutes, and then wash the hands.

ELLEN'S DIARY

By An Island Farmer's Wife

The sheaves for a portion of today's threshing were gathered from Mr. A's fields—the Mr. A. who now sadly bereft of his good wife of years, lives alone in the tree sheltered spot up the rise on the other side of this valley. The A's forebears were among the pioneer settlers on this road of ours which winds sometimes beside and frequently crosses the millstream.

He farms, not so extensively as once, but nevertheless continues the round of it. He has his team, his cattle, some fowl . . . his plants and flowers . . . and his cats. We often hear tidings of these. Before kittens had arrived here to intrigue the lads of this place, a bewitching family of them had come there. Gage "couldn't understand why they should come to a place without children!" and visited them more than once.

And one morning when the exquisite peace of a summer Sunday spread its loveliness about and we were at the early duties of the day we saw the two bring home proudly a white gift-kitten from there, Jamie cradling it fondly in his arms. They had gone along the dewy pasture, waded the millstream and climbed the rise to receive it. "The minute it can drink," as had been planned.

A neat bridge of their own construction now spans the stream there. Ever since the holidays began they had talked of it but it was not until the haying was completed they found time to carry out their plans. Like a pair of beavers they felled sizable and lengthy trees on a wooded bank close by and setting them on a neat-heaped foundation of stones, bridged the flow.

There had been a delay at the outset which left us moments of concern. Scarcely had the two set off with axe and saw and rope "to bring the trees down," than they returned, older guiding younger along the field between and barnyard. We overheard the lamenting at a distance. "If you can hear them crying," Aunt Kitty Mahoney used to nod knowingly, "you know there's still breath left in them! And the louder they cry the better! Crying can be music in your ears, I'm telling you!" Jamie was smiling. "I don't think he's been hurt at all," he said. "When we were at the very first tree, he got a squirt of balsam in an eye and now he can't get it open!" We recall that once the situation was remedied they returned blithely to their endeavour and it was not long before in the lovely afterglow of a summer evening we walked sedately along the span they had laid declaring it "Good!"

So extremely quiet that place of Mr. A's had been this morning, as deserted even by its owner who helped at the other farm, it dreamed the peaceful hours away. And then suddenly what activity there was! Barn-doors were thrown wide . . . tractors and trucks drew the threshing gear thither. As though Aladdin's genie had spoken, grain-wagons appeared in the sunny fields . . . and then . . . the pulse of the threshing, came to us across the glen. And tomorrow? That is what James mentions now as he unlooses the laces of his work-boots, shiny still from the stooking, and he comes through the moonlight from the last of the choring, straight to another old armchair. "What of tomorrow, Ellen?" he asks.

Until tomorrow . . . -Diary . . . Good-night, . . .

Anne Adams Patterns

SMART! EASY-SEW!

New places to go? New people to meet? Whip up this new fashion in your spare time—and look smart and poised always! Convertible collar, figure-praising lines, paneled yoke—it's the right styling for that rayon print or sheer wool. Short or long sleeves.

Pattern R4627: Misses' Sizes 12, 14, 16, 18, 20; 40. Size 16 takes 4 1/2 yards 38-inch fabric. This pattern, easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send Thirty-five cents (35c) in coin (stamps cannot be accepted) for this pattern. Print plainly size, name, address, style number. Send order to ANNE ADAMS, c/o The Guardian, 60 Front Street West, Toronto, Ontario.



Morning Smile

Don't Worry

The little sardine shook with terror as a submarine approached. "Don't be worried, child," said mother sardine. "It's only a tin full of men."

Glass Eater

A man walked into a pub and asked for a double whiskey in a long-stemmed glass. When the drink was handed to him he poured the whiskey on the floor, ate all the glass except the bit at the bottom, and walked out of the place. The barman stared after him in amazement. Then turning to a customer leaning against the bar, he remarked: "Funny man, that!" "He must be," replied the customer. "He's left the best bit."

VAST COLONY

The Belgian colony of the Congo in Africa has an area of more than 900,000 square miles.

SUNTER'S Ladies' Wear

make Fall Fashion News

Exclusive at SUNTERS' Ladies' Wear

VIRGIN WOOL
SCOTIAN CRAFT
HAND WOVEN COATS

This Coat was presented to Queen Elizabeth at Halifax during her recent tour of Canada.

See Them Today.

Just the Coat for our Fall weather.

Velveteen Reversible RAIN COATS

ALSO

Croydon RAIN COATS

Lovely new Fall HATS in stock

SUNTER'S

LADIES' READY-TO-WEAR

162 Great George St.

Phone 2746

BETTER WASHDAYS ARE HERE!

GET YOUR OWN SPECIAL RINSO

SPECIALLY MADE FOR THE WATER IN THE CHARLOTTETOWN AREA

SO THAT'S WHY YOUR SHEET IS SO MUCH WHITER THAN MINE!

YES, MINE IS RINSO WHITE! ONLY RINSO HAS SOLIUM AND IS SPECIALLY MADE FOR OUR LOCAL WATER

New, "Double-Quick" Rinso gives you the world's WHITEST wash!

- ★ Specially made to give better results in your local water.
- ★ Gets out more dirt than any other type of washday product.
- ★ Gets clothes whiter with ONE washing than several washings in other leading washday products.
- ★ Only Rinso has Solium to put sunshine in your wash even on rainy days.
- ★ That's why clothes washed in Rinso come out whiter than new, brighter than new.
- ★ Get your own special Rinso at your grocer's today!

ONLY RINSO HAS SOLIUM TO GET YOUR WASH WHITER—BRIGHTER THAN NEW

So soft . . . yet so strong . . . it lasts so much longer!

and you get 100 extra sheets at no extra cost

2 rolls—1500 sheets Get this extra value today

AN E. S. EDDY PRODUCT